

VEGAN CARROT CAKE

gluten-free, dairy-free

Super moist on the inside and chewy on the outside, this carrot cake satisfies a sweet tooth without the inflammatory effects of a typical dessert.

1/2 c. organic applesauce (no sugar added)
1/2 c. olive oil
1 flax egg (combine 2 T flaxmeal + 5 T water in a glass) or 1 large egg if not vegan
1/2 c. coconut yogurt
1/2 c. maple syrup
2 t vanilla extract
2 c. almond flour
1 1/2 c. gluten-free flour blend (I combined 1/2 c. each of brown rice flour, buckwheat flour, and arrowroot flour)
3/4 c. coconut sugar
1 rounded T ground cinnamon
1/2 t ground nutmeg
scant 1/4 t ground cloves
2 t baking soda
2 t baking powder
1/4 t salt
4 c. carrots, shredded

Preheat oven to 350 degrees, convection setting preferable. Line a loaf pan with a generous sheet of parchment paper.

Combine the first six wet ingredients in a mixing bowl, and mix well. In a separate bowl combine the next nine dry ingredients, and mix well. Combine the wet and dry ingredients, and mix well again. Add the shredded carrots and mix until well incorporated. Pour batter into prepared loaf pan. Bake for 55 minutes or just until a fork inserted into the center comes out clean. Enjoy!

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